

November 2005

4th Landing Support Battalion Family Newsletter

www.mfr.usmc.mil/4thfssg/4thlsb/



A MESSAGE FROM THE COMMANDANT OF THE MARINE CORPS

On November 10th, 1775, the Second Continental Congress resolved to raise two battalions of Continental Marines marking the birth of our United States Marine Corps. As Major General Lejeune's message reminds us, the ensuing generations of Marines would come to signify all that is highest in warfighting excellence and military virtue. Each November as Marines the world over celebrate the birth of our Corps, we pay tribute to that long line of "Soldiers of the Sea" and the illustrious legacy they have handed down to us.

This past year has been one of continuous combat operations overseas and distinguished service here at home – a year of challenges that have brought out the very best in our Corps. In Iraq and Afghanistan, Marine courage and mastery of complex and chaotic environments have truly made a difference in the lives of millions. Marine compassion and flexibility provided humanitarian assistance to thousands in the wake of the South East Asian Tsunami, and here at home, Marines with AAVs, helicopters, and sometimes with their bare hands saved hundreds of our own fellow Americans in the wake of Hurricanes Katrina and Rita. Across the full spectrum of operations, you have showcased that Marines *create stability in an unstable world*, and have reinforced our Corps' reputation for setting the standard of excellence.

The sense of honor, courage, and patriotism that epitomized those who answered that first call to arms 230 years ago is still indelibly imprinted on our ranks today. In commemorating our anniversary, let us strengthen our ties to the past by paying homage to those who have gone before us. As we honor the sacrifices of our wounded and fallen comrades, our commitment to one another remains unshakable. We take special pride in the actions of the Marines now serving in harm's way, and rededicate ourselves to the service of our Nation and our Corps.

Happy Birthday Marines, Semper Fidelis, and Keep Attacking!

M. W. Hagee
General, U.S. Marine Corps

HAPPY BIRTHDAY MARINES



KEY VOLUNTEER'S

"I had the pleasure of meeting with the 4th LSB KVC, Mrs. Cindy Griffin, and a H&S Company KV, Ms. Ingrid Espinoza, during the Oct drill weekend. We had a great meeting and discussed the future of the KV Program within 4th LSB. I think there is a lot of energy out there regarding this program and am depending on the KV's to help sustain that energy. I am firmly behind this program and the vitalness of it to the health and morale of our Marines and families. Please get involved and bubble up ideas and suggestions. We will be providing information in the near future on where we are going with the Bn KV Program. Thanks for your support."

LtCol Wiggins-Battalion Commander

Key Volunteer Coordinators

Mrs. Cindy Griffin (BN) 253-630-3124
Gcifull@aol.com

Mrs. Stacy Morgen-Demer (I-I) 253-678-5094
facemorgen@yahoo.com

Key Volunteers

Mrs. Ingrid Espinoza (H&S Co) 253-840-5964
ingridesp@earthlink.net

Mrs. Bobbie Rickter (A Co) 360-458-8605
brickter@aol.com

Unit Telephone Numbers

4th LSB Staff Duty NCO 253-988-1071

SgtMajor Humphries-Family Readiness Officer
253-967-2869
thomas.humphries@usmc.mil

SSgt Adams-PWST/Assistant Family Readiness Officer
253-966-4180
rachel.adams@usmc.mil

H&S AND ALPHA COMPANY ARE CURRENTLY SEEKING VOLUNTEERS TO BECOME KEY VOLUNTEERS WITHIN THE BATTALION. FOR MORE INFORMATION CONTACT CINDY GRIFFIN AT GCIFULL@AOL.COM

H&S CO HOLIDAY PARTY WILL BE HELD FROM 1600-1900 ON 3 Dec.

FAMILY READINESS WEBSITE FOR CLB-8

<http://www.iimefpublic.usmc.mil/clb8>

MAILING ADDRESS FOR CLB-8

CLB-8 / TS Company / Platoon
2d FSSG FWD
Unit 73965
FPO AE 09502-3965

COMMANDING OFFICERS PHONE MESSAGE

There are 2 numbers to access it, 451-3201 or 1-800-664-7193. You'll hear the Commanding General's message followed by the major unit menu choices. To go directly to CLB-8 (it may still be listed as CSSD 28) dial 9 then 3 when you hear the start of the Commanding General's message.

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UPCOMING DRILL SCHEDULE 2004/2005

NOVEMBER 12 DECEMBER 2-4 JANUARY 7-8 FEBRUARY 4-5 MARCH 4-5
APRIL 1-2 MAY 4-7 JUNE AT JULY 7-9 AUGUST 4-6 SEPTEMBER 9-11 OCTOBER 1-2

HOA NEWS

Since we've been here Sgt Parris has completed both the tan belt and gray belt MCMAP courses and he fully intends to be a green belt instructor before departing here. As I mentioned earlier he was also the Service NCO of the Quarter here recently.

As for myself I am currently taking the gray belt training and Cpl Larson is to follow suit soon. Cpl Larson just completed the Cpl's Leadership Course 3-05 and is looking forward to that gray belt training.

The Sergeant Major of the Marine Corps, the Master Chief Petty Officer of the Navy and the Command Master Chief Petty Officer for the 5th Fleet are on deck today. There is a staff call this evening with those gentlemen as well.

Semper Fi GySgt Kevin Jones

Mailing Address for Marines Deployed to Djibouti

Rank Name
S-6
Camp Lemonier, Djibouti - Africa
APO-AE 09363

Your regional contractor is for TRICARE is

1-888-874-9378



The Department of Defense (DoD) announces the start of health care coverage under TRICARE Reserve Select (TRS)-a new premium-based health plan for certain eligible National Guard and Reserve (Reserve Component) members and family members. For a monthly premium of \$75 for TRS member-only coverage and \$233 for TRS member and family member coverage, TRS offers comprehensive health coverage under the TRICARE Standard and Extra options. Premiums are adjusted annually on January 1.

"Eligibility to purchase TRS is determined by the member's Service/Reserve Component personnel office," said Mr. Steve Lillie, deputy chief, TRICARE Operations, TRICARE Management Activity.

Reserve Component members may be eligible to purchase TRICARE Reserve Select for themselves and their immediate family members if they were called or ordered to active duty under Title 10 in support of a contingency operation for more than 30 consecutive days on or after 9/11 (Sept. 11, 2001), and served continuously for 90 days or more. They also must enter into a Service Agreement through the Guard-Reserve Portal at <https://www.dmdc.osd.mil/Guard-ReservePortal> to serve in the Selected Reserve for one or more whole years. Then they must follow-up with their Service/Reserve Component to execute (complete) the Service Agreement on a DD Form 2895.

Members separating from qualifying active duty service on or after April 27, 2005, must enter into their Service Agreement through the Guard-Reserve Portal before their last day of active duty service and should contact their Reserve Component within four months after leaving active duty to execute the agreement. Members separating on or before April 26, 2005, have until Oct. 28, 2005, to execute their Service Agreement.

Upon completion of the Service Agreement, the Service/Reserve Component will record the member's eligibility in the Defense Enrollment Eligibility Reporting System (DEERS). Then the member will be able to purchase TRS-member only coverage for \$75/month (2005 rate) or TRS and family coverage for \$233/month (2005 rate).

To purchase TRS, members must select the type of coverage desired and submit a completed application including their verified DD Form 2895 and one-month's premium paid either by credit card, or by check, money order or cashier's check payable to their TRICARE regional contractor. "Once enrolled, TRS covered members and their covered family members may receive care from any TRICARE-authorized provider, hospital or pharmacy like they do under TRICARE Standard or Extra, as well as any DoD military treatment facility where care is on a space-available basis," Lillie said.

A TRS handbook, a list of Service contacts to verify eligibility and contacts for TRICARE regional contractors for TRS benefit information are available on the TRICARE Web site www.tricare.osd.mil/reserve/reserveselect.

REMINDER

If your loved one is seriously injured you will be notified by the Family Readiness Officer (FRO) within 24 hours of the FRO receiving the information. Don't believe the so-called "prank" phone calls that something has happened to your Marine or Sailor. Report such activity to your local police department immediately. Trust only what you hear from your Marines Command, FRO, or from your loved one.





Call **800-869-0278*** now. MCCS One Source is available 24 hours a day, 7 days a week, 365 days a year.

If you or a family member needs support in addressing issues related to relationships, parenting, managing everyday life, or re-adjusting after being in a combat zone, then an MCCS One Source consultant can get you connected with a counselor in your community.

At MCCS One Source, a trained consultant is always available 24 hours a day, 7 days a week.

2005 TOYS FOR TOTS INFO

97.3 KBSG WILL SPONSOR THE ANNUAL 5K TOYS FOR TOTS TROT ON NOVEMBER 20, 2005 AT 9:00 AM AT THE SEATTLE CENTER. FOR MORE INFORMATION VISIT www.kbsg.com/listings2.asp

Time Schedule:

Sunday, November 20th

- 7:30am: Registration Begins
- 8:45am: Costume contest at start line
- 9:00am: 5K Run/Walk Begins
- 9:45am: Toddler Trot
- 10:15am: Post-Trot Party with results, awards, prizes and giveaways!

Parking:

Arrive Early! Please carpool, bicycle or walk to start line. Parking is available in paid parking lots surrounding the Seattle Center and on neighborhood streets.

Toddler Trot:

The Toddler Trot is free for kids 10 and under and will take place in the Post Trot Party area, beginning at 9:45am. To purchase a youth T-shirt, please include \$5.00 per shirt on the registration form.

Wear a Costume!

Prizes will be awarded for the three most creative costumes! Judging will be held prior to the start of the Toys for Tots Trot, 8:45am at the Start Line on Mercer Street.